



APPROVED
SENIOR NETWORK



Brought to you by
Althea Homecare

Call Your Local Experts:

(972) 845-9922

Althea Homecare

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As a home care provider, we want you to trust us with your personal and health needs. Know who we are and our aim.



Who We Are

We proudly provide non-medical home care services to individuals with disabilities, injuries, difficulties with mobility, or illnesses. We are composed of highly trained and competent staff members who are dedicated and experts in delivering home care services in the comfort of our client's home.

Through our personalized care plan, we can give you the needed homecare in Allen, Texas that are all intended to cater to your unique personal and health needs. With us, we ensure around-the-clock services and supervision to help you achieve optimum health and wellness.

Mission Statement

It is our mission to provide our clients with exceptional home care services and achieve the optimum wellness they deserve. Our mission and vision will be achieved through the application of our core values, which include:

- **Comfort** – keeping our client's health, safety, quality of life and well-being central in the design and delivery of services;
- **Affection**- treating and interacting with our clients with love, dignity, compassion, and empathy;
- **Respect**- showing respect for all cultures, religions, ethnicity, sexual orientation, ages, gender and disabilities;
- **Integrity**- treating our clients with honesty and integrity while recognizing and maintaining confidentiality of client information;
- **Nurture**- nurturing our clients for their optimum independence, security and privacy;
- **Generosity**- provide our clients unselfish good-hearted staff members who are generous with their care and compassion.

Public and Paratransit in Allen

The City of Allen is continuing to partner with DART to provide transportation options for seniors and residents with disabilities.

The partnership provides for a taxi voucher system, Collin County Rides, available for seniors and residents with disabilities.

1. **What is the Collin County Rides Program?**

The Collin County Rides Program is a taxi subsidy service provided by Dallas Area Rapid Transit.

2. **What are the eligibility requirements?**

Senior citizens age 65 and older and/or persons with disabilities who live in Wylie, Allen and Fairview are eligible to participate in the program.

3. **Where can I register for the program?**

Those interested in applying for the service should go online to DART.org/CCR for information and to access a web portal to register. Interested participants may also call DART's certification office at 214.828.6717 to determine eligibility.

4. **How does the program work?**

Once your eligibility is established, you will receive a taxi debit card from DART. You will use this card to pay for taxi service from the Collin County Rides program. The card cannot be used for other goods or service. All trips – including return trips – should be scheduled up to two service days in advance. Same day scheduling of trips is not permitted. The service is available seven days a week from 5 a.m. to 8 p.m. Trip reservations can be made Monday through Friday, from 8 a.m. to 5 p.m.

5. **What balance do I have to keep on the taxi debit card?**

The value on the taxi debit card cannot exceed \$200 at any time. You can store \$5 to \$50 on the card, and you will receive a taxi subsidy based on how much you contribute. For example, if you upload \$50 to the card, your taxi subsidy is \$150, for a taxi debit card value of \$200.

6. **Can I use this service for all of my transportation needs?**

Yes. Registered residents can travel *anywhere in Collin County* and for any trip purpose, and this includes connecting to the DART service area. The only limitation is the amount of funds on the taxi debit card.

7. Are guest(s) able to accompany me on a trip?

You cannot use your taxi debit card to pay for any guests accompanying you on the trip. However, guests are allowed to accompany you for an additional \$2 per guest. This must be paid in cash or credit card.

8. What happens if I lose my taxi debit card?

You should immediately report to DART a lost, stolen or damaged taxi debit card at 214.749.3400. There is no fee for the first lost card, but a \$5 fee will be assessed for any additional replacement cards.

9. I have regularly scheduled medical appointments, do those also have to be scheduled two days in advance?

You may be eligible for subscription service. This service eliminates the need to call and schedule each individual trip in advance. A scheduling representative will be able to determine your eligibility. You need to call 469.470.2325 to inquire.

You can find more information about the taxi-voucher system on the DART website - DART.org/CCR/CollinCountyRides.

The North Central Texas Area Agency on Aging

NCTAAA serves adults age 60 and older and their family caregivers who live in Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise counties.

We're here for you!

Our mission is to create and maintain a coordinated network of health and social services for older adults and family caregivers. We provide services and resources that help older adults maximize their quality of life and live as independently as possible. By providing information, education, and direct services, we help individuals meet basic needs and make informed decisions.

Interested in our services?

Contact one of our **staff members**, or call us at 800-272-3921.

Home By Choice

Home By Choice is a program that is funded by managed care organizations to help nursing home residents return to the community.

In order to qualify for Home By Choice, an individual must currently be living in a nursing home and receive Medicaid benefits.

Home By Choice provides intense case management services to nursing home residents to help remove barriers to independent living.

For more information about Home By Choice, or to make a referral, call 1-800-272-3921, ext. 7396.

- **Home by Choice brochure**

Contact Information

Tamara Busby, Senior Case Manager

Phone: 1-800-272-3921 ext. 7396 | Fax: 817-695-9274

Information for Caregivers

The North Central Texas Area Agency on Aging has a broad range of support services for family caregivers, including Caregiver Support Coordination, Respite Care, Caregiver Information Services, and Caregiver Counseling. The following are eligibility criteria.

- The caregiver cannot be paid for his/her services;
- Either the caregiver or care receiver must live in Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell or Wise County;

- **The caregiver must be:**
 - caring for someone who is at least 60 years of age;
 - caring for someone who has Alzheimer's or a related dementia;
 - be at least 55 years of age and have primary custody of a grandchild who is under the age of 18; or
 - be at least 55 years of age and care for a relative who has severe disabilities

Some programs, such as Caregiver Support Coordination, have additional eligibility criteria.

Caregiver Support Coordination

Caregiver Support Coordination provides temporary assistance to caregivers who are caring for loved ones at risk of premature institutionalization. The program's case managers assess the needs of family caregivers and arrange services that support their goals. These services include respite care, minor home modifications, leasing of emergency response devices, and purchase of health-related goods and supplies not covered by insurance.

The program gives priority to caregivers who care for someone who has Alzheimer's and/or impairments of two or more activities of daily living; care for someone who has been hospitalized within the last two weeks; have had to cut back on work hours because of care responsibilities, and/or has experienced physical/emotional problems because of care responsibilities; care for someone who has no other support— either paid or unpaid; and live in the same home as the care receiver. Visit the [**Area Agency on Aging referrals page**](#) to access screening criteria and referral forms for Caregiver Support Coordination services, as well as criteria for the Care Coordination and Grandparents Raising Grandchildren programs. You can also call 1-800-272-3921 to get more information or make a referral.

Caregiver Respite Care

The **Caregiver Respite program** gives family caregivers a temporary break from their caregiving responsibilities. It issues vouchers to caregivers so they can make arrangements with providers they trust. The standard one-time benefit is \$300, which can be used all at once or gradually over a three-month period.

Caregiver Information Services

The North Central Texas Area Agency on Aging has resource specialists and contractors who provide general information and connect caregivers with programs that support their care goals. Call 1-800-272-3921 to speak with an Area Agency on Aging resource specialist.

We've created three publications to help caregivers understand their options for resources in the community or care in assisted living facilities and nursing homes.

- **Understanding Your Options for Services in the Community**
- **Understanding Your Options for Care in a Nursing Home or Assisted Living Facility**
- **Understanding Residential Care Options for People with Alzheimer's**

Our contracted services include:

- **Family Caregivers Online** – This web site, developed by contractor Zanda Hilger, contains educational materials and resource links.
- **Workshops** conducted by the Alzheimer's Association of North Central Texas – Caregivers who live in Erath, Hood, Johnson, Palo Pinto, Parker, Somervell, and Wise counties can call the North Central Texas chapter at 817-336-4949 for dates and locations. Caregivers of persons with Alzheimer's can also call the Alzheimer's Association's national helpline at 1-800-272-3900.

- **Caregiver Counseling** – The Wellness Center of Collin County provides face-to-face individual and group counseling to family members who are caring for older adults. Z-Quest provides individual counseling over the phone to family caregivers.
- **REACH II** – The Alzheimer’s Association of North Central Texas provides intensive in-home education and support to caregivers of loved ones with dementia who live in Hood, Johnson, Parker and Wise counties. In addition, it serves caregivers in Erath, Palo Pinto, and Somervell counties on a case-by-case basis. Call 817-336-4949 for more information.

Grandparents Raising Grandchildren

The Grandparents Raising Grandchildren program provides temporary assistance to grandparents who have primary custody of grandchildren under the age of 18. The program’s case managers assess the needs of grandparents and arrange services that support their goals. These services include respite vouchers that can be used for day care or summer camp, help with back-to-school clothing and supplies, benefits counseling, and consultations with attorneys to establish guardianship.

The program gives priority to grandparents who care for grandchildren who are medically fragile or have special needs; care for more than one person (i.e. grandchild, elderly family member, disabled adult); have had a hospitalization within the last four weeks, and/or have experienced physical problems because of their care responsibilities; care for grandchildren who have no other support—either paid or unpaid; and/or have income at or below 150% of the federal poverty level (\$1,560 for an individual, or \$2,113 for a couple). Visit the [**Area Agency on Aging referrals page**](#) to access screening criteria and referral forms for Grandparents Raising Grandchildren services. You can also call 1-800-272-3921 to get more information or make a referral.

"Building Better Caregivers" Classes

The "Building Better Caregivers" workshop series is structured as a six week

program, with workshops meeting once a week for 2-1/2 hours. It was developed by Stanford University and the U.S. Department of Veterans Affairs to support family members and other informal caregivers who help people with memory loss. Workshop topics include dealing with stress; responding to difficult behaviors; getting help; making decisions about treatment and housing options; communicating with family, friends, and health care professionals; planning for future needs; and getting legal affairs in order.

For more information about "Building Better Caregivers" classes, contact **Laura Wolfe** at 972-978-1371 or **Kim Mathis** at 940-999-1024.

Contact Information

Doni Green, Director of Aging

Phone: 1-800-272-3921 | Fax: 817-695-9274

Email

Meals on Wheels of Collin County

<https://mowcc.com>

600 North Tennessee St McKinney, TX 75069

Main: 972.562.6996

Change Delivery: 972.562.6996

Meal Cancellation: 972.632.3136

Fax: 972.562.0308

Our monthly menus are unique in that no meal is served more than once within a 30-day time frame. Here you will find a downloadable version of our monthly menu that is sent monthly in hard copy to each senior on our program.

360° HEALTHIER = 365 DAYS OF GOOD HEALTH

Did you know?

Our nourishing meals provide an array of nutrients to promote optimal health and provide a minimum of one-third of the daily nutritional requirements for older

adults. Menus are changed seasonally to keep menu offerings fresh and appealing. No salt is added during preparation and salt-free products are used as much as possible. All menus are planned by a Registered Dietitian.

Fall/Winter meals include warm comfort foods such as casseroles, stews, and fruit compotes:

Green Chili Chicken Stew
Classic Beef Stew

King Ranch Casserole
Warm Cinnamon Peaches

Spring/Summer meals include classic cold plate meals and Summer time fare such as:

Chicken and Tuna Salad Sandwiches
Cheeseburger

Chicken Caesar Salad
3 Bean Salad, Macaroni Salad

Vegetarian meals are offered several times each month:

Cheese Ravioli
Vegetable lasagna

Bean and Cheese Burrito
Cheese Enchilada



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